

**ABSTRACT**

A support member for packs, bags and other articles adapted to be supported from the shoulders of an individual. The support member defines a pair of arms adapted to engage the waist and/or hips of the individual and being made of flexible material, such as a flexible core material, which allows the arms to be manipulated into a selected position against the waist and/or hips of the individual and further adapted to retain such position when the arms are released. In one embodiment, the support member is located within the interior of a back pack and the arms protrude through sleeves integral with the back pack. In another embodiment, the support member is adapted to hang from the handle of a golf bag.